

Backpacking with Kids | Lake Hyas | Jun 29-30, 2024

[Trip posting link](#)

Trip Leader

Birgit Grimlund (206) 683-6627 (Inreach: birgitandrobin@inreach.garmin.com)

Description Flat 2 mile hike ideal perfect for beginner backpackers on the eastern slopes of the Cascades (Cle Elum area). Trail involves multiple small stream crossings (delightful challenge for youngsters) to a relatively warm lake calling for splashing. Fruit in season (thimbleberries, salmonberries, huckleberries) along the trail. Large campsites along the lake. [WTA hike description and trip reports.](#)

Participants See trip roster

Driving directions (Approximately 2hr 45 min drive from Seattle)

From I-90 take exit 80. Drive north on SR-903 to Salmon la Sac. Fork right and continue up Cle Elum Valley Road (FR-4330) for 12 rough miles to the [Tucquala Meadows Trailhead](#) (also called Deception Pass TH) at the road end.

Note that both the Cathedral Rock trail and Deception Pass trail leave from the same parking lot. The **Deception Pass Trail** leaves from the far north end of the lot while the Cathedral Rock Trail is near the middle set of bathrooms on the west side.

** Deception Pass is also an area near Anacortes, be careful if you enter this in Google Maps.*

****The road is rough and most cars that drive this are SUVs or Subarus with some clearance. There are potholes and one area where a creek runs over the road.**

- **Meet at Tucquala Meadows/Deception Pass TH at 10:30 am on Sat, June 29**
- **NW Forest Pass Required**

Trip Schedule and Route

Sat, June 29

- 10:30 am Meet at Tucquala Meadows/Deception Pass TH/pre-trip huddle
- 11 - 2(?) ish - Hike with plan for lunch along the way
- 2-6 pm: Set up camp, play, relax
- 6 pm: Start dinner
- 8-9 pm: Lights out

Sun, June 30

- 7-8 am Breakfast
- 9-10 am Pack Up
- Hike Out: Exact start time TBD by group (10-11?)

[Our planned route on Gaia](#)

Weather [NOAA Forecast](#)

Packing List (Gear) *(Items in italics are items that Birgit/Trip Leader will bring and can share)*

- ☐ Each child should carry a whistle + ID in plastic bag (child's and parent's name/contact)
- ☐ Backpack
- ☐ Pack cover or items packed in waterproof bags (if rain in forecast)
- ☐ Sleeping bag + Pad
- ☐ Tent
- ☐ Headlamp (fully charged or with fresh batteries)
- ☐ Water bottle/bladder 1 liter (Plenty of water along the trail to purify as we go)
- ☐ *Water purification (Trip leader will have BeFree purifier which can be shared)*
- ☐ Mosquito protection (Bug head net + bug spray –picaridin 20% is my recommendation. I have a bag of several extra bug head nets to share and can distribute if needed at trailhead)
- ☐ Sun protection (sunglasses, sunscreen, hat)
- ☐ *Pocket knife or multitool*
- ☐ *Small packet matches or small lighter*
- ☐ *First aid kit (Trip leader will bring a more substantial kit but all parents should have a small kit)*
 - *Everyone's personal first aid kit should include a small ACE type wrap, Tylenol + ibuprofen for small injuries, band aids, blister management (Moleskin/tape for hot spots or my preferred is a hydrocolloid such as Band-Aid Hydroseal or Compeed for open sores)*
- ☐ Personal hygiene (TP/Kula cloth, wipes, toothbrush/paste, spade or snow stake, bag to carry out paper waste, personal meds, hand sanitizer, gender specific items).
- ☐ Gaia or Caltop app on phone with downloaded map of area or paper map (optional)
 - *Trip leader will have paper map and map on phone/compass*
- ☐ Ursack+Opsak or Bear canister or Rope/sturdy bag for bear hang (for all food and smelly items).
 - **Bear hangs are tricky and hard to reliably find appropriate trees, if possible I'd very much prefer if people use an Ursack+Opsak or bear canister. I do have an extra Ursack and bear canister to lend (just request from me)*
- ☐ Hiking poles (optional but having one or two per family is helpful for creek crossings)
- ☐ Cell phone/camera/battery pack (optional)
- ☐ Reading material/cards/games (optional)
- ☐ Sit pad or chair (optional) – *used bubble mailer is a lightweight eco friendly option*

Packing List (Food)

- ☐ Bowl/cup/spoon
- ☐ Lunch for Saturday (on trail)
- ☐ Dinner for Saturday *(I often try to coordinate a group dinner if there is interest, quesadillas or pizzadillas offer a fair amount of flexibility for different food tastes and if some or all families are interested we can coordinate this).*
- ☐ Breakfast for Sunday

- ☐ Lunch (or snacks) for Sunday
- ☐ Snacks!!!
- ☐ *Stove, fuel, pot, pan (Trip leader will bring JetBoil + second small stove + frying pan)*

Packing List (Clothing) *Avoid cotton

- ☐ Hiking boots or hiking shoes
- ☐ Camp shoes/water shoes (optional)
- ☐ Hiking socks x 2 (wool or synthetic)
- ☐ Short sleeve shirt
- ☐ Long sleeve sun protection shirt
- ☐ Hiking or zip-off pants, hiking tights or shorts (if shorts only, plan to wear your rain pants for bug protection in evening)
- ☐ Rain jacket with hood + rain pants
- ☐ Underwear
- ☐ Mid-layer (fleece or puffy)
- ☐ Long underwear or base layer (which can also be a sleeping layer)
- ☐ Gloves/mittens (if seems indicated by forecast)
- ☐ Hat (if no hood on mid layer)
- ☐ Swim suit + light camp towel for water play in lake (optional)

BACKPACKING CLOTHES CHECKLIST



☐ TSHIRT



☐ LONG JOHNS



☐ WATERPROOF JACKET



☐ SOCKS



☐ LONG SLEEVE



☐ SHORTS



☐ PJS



☐ UNDERWEAR



☐ FLEECE OR HOODIE



☐ PANTS



☐ BRIMMED HAT



☐ BOOTS + CAMP SHOES

HOW TO WEAR

HOT DAYS



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COLD DAYS



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MILD DAYS



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MILD NIGHTS



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COLD NIGHTS



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